



SLOW FOODS FAST: Baby Back Ribs and Collard Greens

Yield: serves 1

Ingredients

- 1 6-8 oz *#605027 FC Baby Back Pork Ribs*
(each pack yields 6-8 servings of ribs)
- 4 oz *#611258 Collard Greens*

Average time needed to make pork ribs is **3 – 4 hours**, with 23% loss after cooking.
Average time need to make collard greens is **1 hour**, with 83% loss after cooking.

Preparation

- 1) Ribs are boiled in a bag for 20-30 minutes. Remove from packaging and finish ribs in the oven at 350°F for 5-10 minutes. Reserve leftover sauce for serving.
- 2) Collard greens are boiled in a bag for 30 minutes.